

Physical Wellness Checklist

Positive physical health habits can help decrease your stress, lower your risk of disease, and increase your energy. Here are tips for improving your physical health:



FIND A HEALTHY WEIGHT

Keeping your body at a healthy weight may help you lower your risk of heart disease, type 2 diabetes, and certain types of cancer that can result from being overweight or obese. Take charge of your weight and your health.

TO REACH YOUR WEIGHT LOSS GOALS:

Eat Healthy

- ☐ Eat smaller portions.
- ☐ Select a mix of colorful vegetables each day.
- ☐ Choose whole grains.
- ☐ Go easy on fats and oils.

Be Active

- ☐ Stick with activities you enjoy.
- ☐ Go for a brisk walk, ride a bike, or do some gardening.
- ☐ Do strengthening activities.
- ☐ Get active for just 10 minutes, several times a day. Every little bit counts!

Track your progress

- ☐ Keep a food and physical activity diary.
- ☐ Be realistic and aim for slow, modest weight loss.